

STEPMASTER

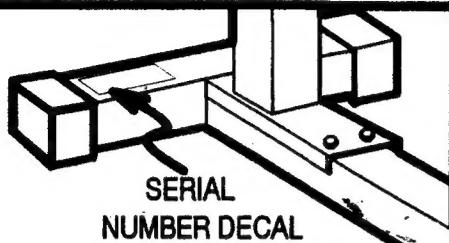
INDEPENDENT ACTION STEPPER

SM8

MODEL NO. SM8

SERIAL NO.

Write serial number in the space above for reference.



WAIT, READ THIS FIRST!

If you find this unit to have missing or defective parts, please have ready the following information listed below before calling the 800 NUMBER.

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WEIDER INTERNATIONAL HOLDING CO., INC.

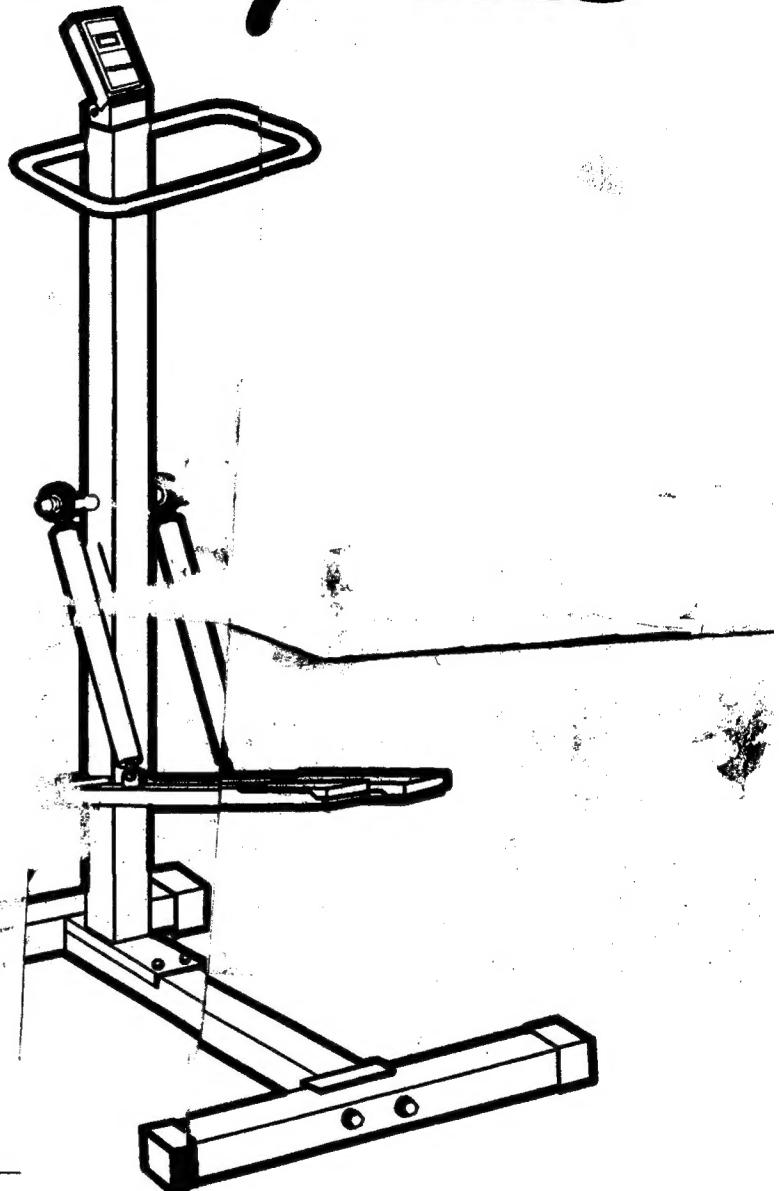
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weider
OWNER'S MANUAL

MADE IN CANADA

WEIDER is committed to providing you complete customer satisfaction. If you have any questions concerning the assembly of this product or find damaged or missing parts, we guarantee you direct assistance. AVOID THE HASSLE OF CONTACTING THE STORE FOR PARTS OR RETURNING THE PRODUCT. Call our "CUSTOMER ASSISTANCE LINE" for assistance with parts and information by calling our toll free number 1-800-225-0653, Mon. - Fri., 8 am - 5 pm CST.

IMPORTANT: Read all safety precautions and instructions in this manual carefully before using this equipment. Save this manual for future reference.



WEIDER HEALTH AND FITNESS
21100 Erwin Street, Woodland Hills, CA. 91367 USA

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IMPORTANT SAFETY PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the important safety precautions before using this equipment.

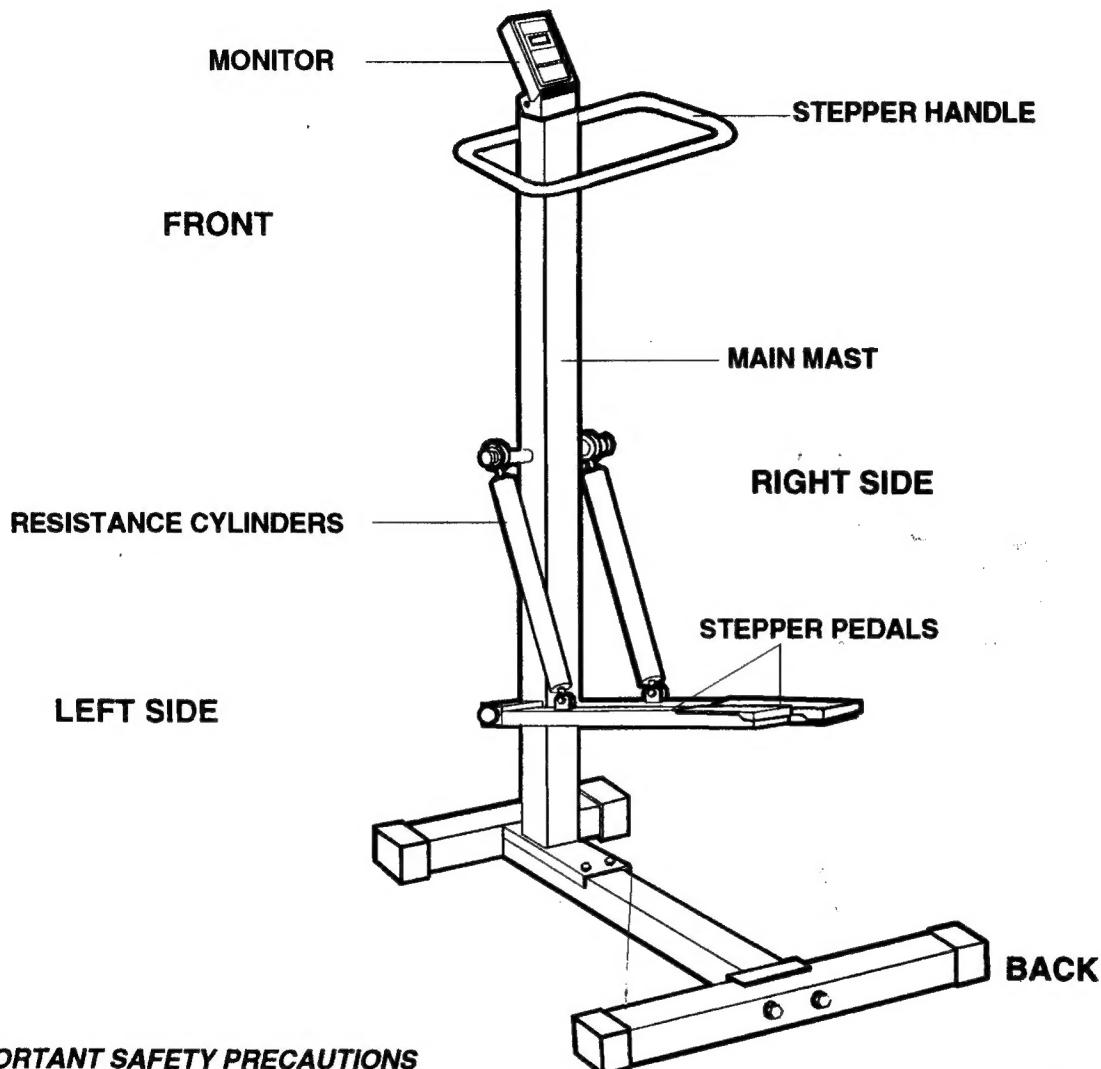
1. Read all instructions in this manual before using this equipment.
2. Use this equipment only as described in this Owner's Guide.
3. Inspect and tighten all parts each time this equipment is used. Replace any worn parts immediately.
4. Keep hands away from moving parts other than the designated handles.
5. Keep small children away from this equipment during use.

WARNING: Before beginning this or any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Weider assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS

INTRODUCTION

Thank you for selecting the **STEPMASTER PRO SM8** stepper. The **STEPMASTER PRO SM8** blends advanced engineering with innovative design to provide you with an effective, low-impact cardiovascular workout in the comfort and privacy of your home. To make your exercise more enjoyable, the **STEPMASTER PRO SM8** gives you such features as a multi-function electronic monitor, and easy resistance adjustment.



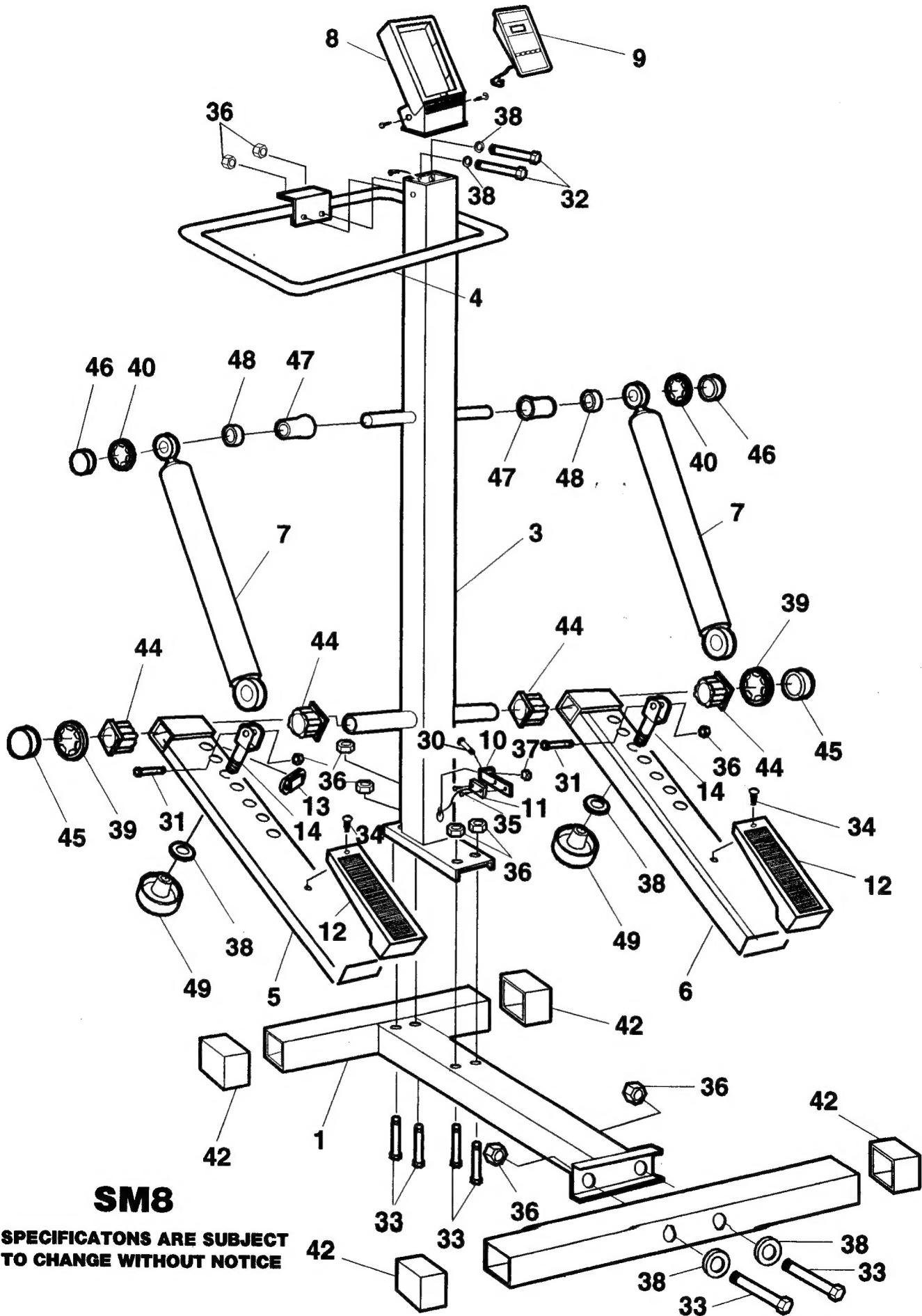
IMPORTANT SAFETY PRECAUTIONS

1. Position the stepper on a level surface. The Electronic monitor must be out of direct sunlight or the LCD display may be damaged.
2. Make sure that all the parts are tightened securely before each use.
3. Wear appropriate workout attire, including running or aerobic shoes, when using the stepper.
4. Always hold the handlebars when exercising on the stepper.
5. Keep small children away from the stepper during use.
6. Do not touch the resistance cylinder after exercising. The cylinders may reach high temperatures during use.
7. Use the stepper only as described in this manual.

WARNING: Before beginning this or any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Weider assumes no responsibility for personal injury or property damage sustained by or through the use of this Weider product.

SM8 PARTS LIST

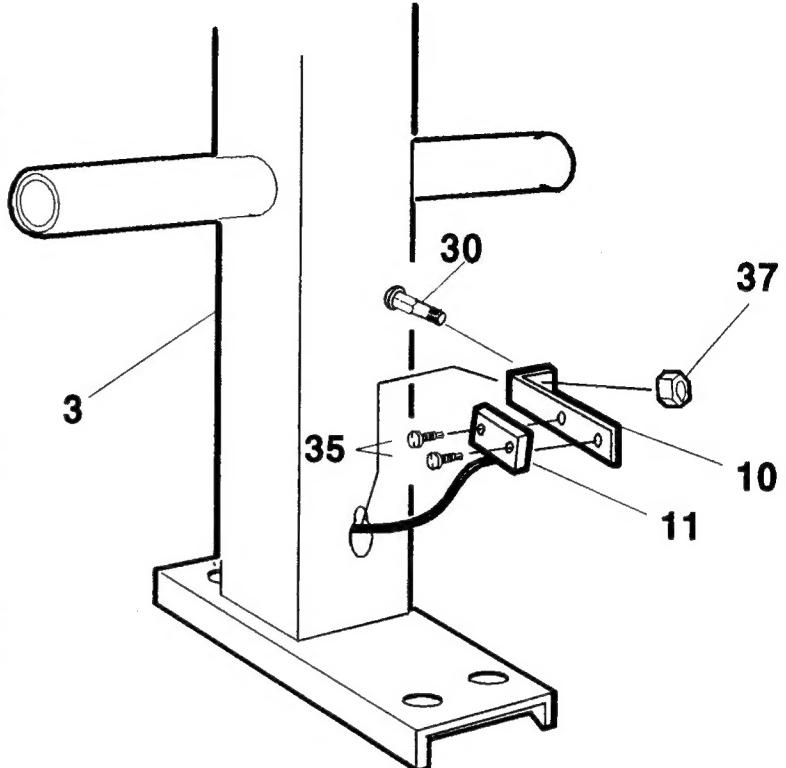
DIAGRAM NO	PART NAME	QTY	ORDERING NO
1	BASE "T"	1	C4100-F48*F48
2	FRONT BASE	1	C4101-F48*F48
3	MAIN FRAME	1	C4102-F48*F48
4	HANDLEBAR	1	C6839-F48*F48
5	PEDAL - LEFT	1	C4104-F48*F48
6	PEDAL - RIGHT	1	C4103-F48*F48
7	RESISTANCE CYLINDER -RETURN	2	CZZ-0006*F48
8	MONITOR BRACKET	1	C0837-F48*F48
9	ELECTRONIC MONITOR	1	C0836-F48*F48
10	L-BRACKET	1	C6807-F48*F48
11	SENSOR WIRE W/ REED SWITCH	1	HH-5472*F48
12	FOOT PAD	2	AA-8209*F48
13	MAGNET	1	HH-5352*F48
14	CYLINDER MOUNTING BRACKET	2	C6972-F48*F48
20	MAIN FRAME DECAL	1	DE-4297*F48
21	RESISTANCE SCALE DECAL	2	DE-4297*F48
30	1/4" X 1 1/2" CARRIAGE BOLT	1	HH-5471*F48
31	5/16" X 1 1/2" HEX HEAD BOLT	2	HH-5312*F48
32	5/16" X 3/4" HEX HEAD BOLT	2	HH-5245*F48
33	5/16" X 3 1/2" HEX HEAD BOLT	6	HH-5294*F48
34	#8 SHEET METAL SCREW	4	HH-5449*F48
35	#4 X 3/8" SCREW	2	HH-5464*F48
36	5/16" NYLON LOCK NUT	10	HH-5012*F48
37	1/4" NYLON LOCK NUT	1	HH-5011*F48
38	5/16" FLAT WASHER	6	HH-5127*F48
39	1" RETAINER RING	2	HH-5423*F48
40	5/8" RETAINER RING	2	HH-5422*F48
42	3" SQUARE COVER FOOT CAP	4	AA-8222*F48
43	3" SQUARE PLASTIC INSERT CAP	1	AA-8223*F48
44	1 1/2" SQUARE END BUSHING	4	AA-8203*F48
45	1" ROUND COVER CAP	2	HH-5348*F48
46	5/8" ROUND COVER CAP	2	HH-5357*F48
47	PLASTIC SPACER - FLANGED	2	AA-8148*F48
48	5/8" I.D.. X 5/16" LONG PLASTIC SPACER	2	AA-8217*F48
49	FEMALE KNOB	2	HH-5400*F48
	HARDWARE BAG	1	C5751-F48*F48
	ASSEMBLY MANUAL	1	CNN-1211*F48
	TRAINING MANUAL	1	CNN-1212*F48



STEP 1 REED SWITCH

PART NAME	QTY
30 1/4" X 1/2" CARRIAGE BOLT	1
35 #4 X 3/8" SCREW	2
37 1/4" NYLON LOCK NUT	1

- The SENSOR WIRE W/REED SWITCH (11) comes pre-assembled in the MAIN FRAME (1). This is the front of the Main Frame piece. At the bottom end of the MAIN FRAME (1) the Square Reed Switch part of the Sensor Wire will be hanging out the oval-shaped hole.
- The L-Bracket is faced with the outside flat portion facing to the left side of the Upright while facing the front of the Main Frame.
- Attach the L-BRACKET (10) by assembling the 1/4" X 1/2" CARRIAGE BOLT (30) into the outside end of the L-Bracket. Assemble loosely on to the bolt end a 1/4" NYLON LOCK NUT (37). DO NOT TIGHTEN!
- Next, attach the L-Bracket assembly to the MAIN FRAME (3) by inserting only the bolt head into the oval hole of the Frame tube and then pushing the bolt assembly up to the top of the hole. Fasten the assembly securely by tightening the 1/4" NYLON LOCK NUT (37).
- Bring the Reed Switch around to the left side of the L-BRACKET (10) and position over the two holes on the bracket and secure with #4 X 3/8" SCREWS (35).

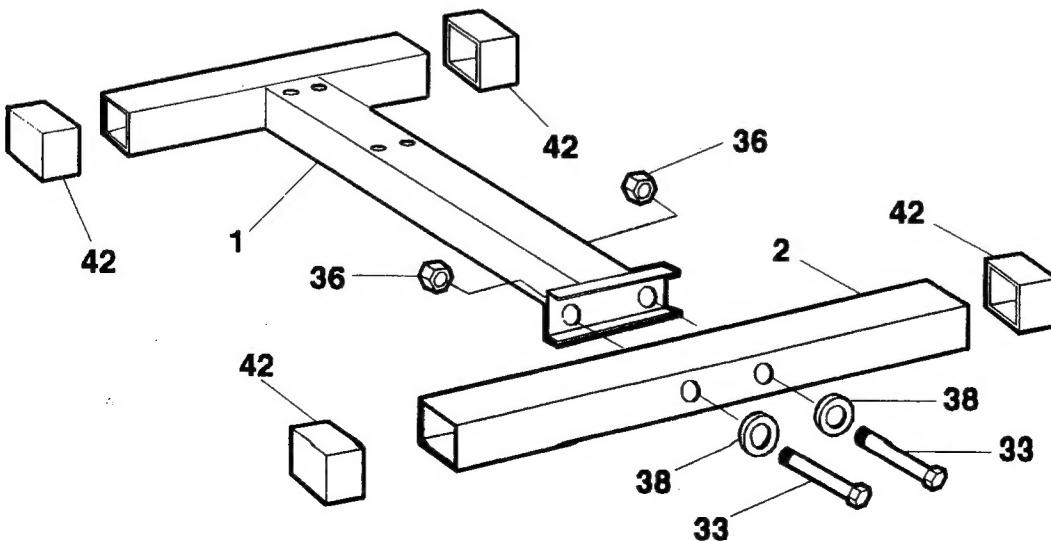
**STEP 2 LOWER FRAME ASSEMBLY**

PART NAME	QTY
33 5/16" X 3 1/2" HEX HEAD BOLT	2
36 5/16" NYLON LOCK NUT	2
38 5/16" FLAT WASHER	2
42 3" SQUARE FOOT	4

- Look closely at the BASE "T" (1). The side of the Base "T" that the holes are dimpled-in will be faced toward the floor.

- Join the FRONT BASE (2) to the BASE "T" (1). Place 5/16" FLAT WASHERS (38) onto 5/16" X 3 1/2" HEX HEAD BOLTS (33). Insert through the FRONT BASE (2) and then through the welded U-Bracket on the BASE "T" (1). Secure with 5/16" NYLON LOCK NUTS (36).

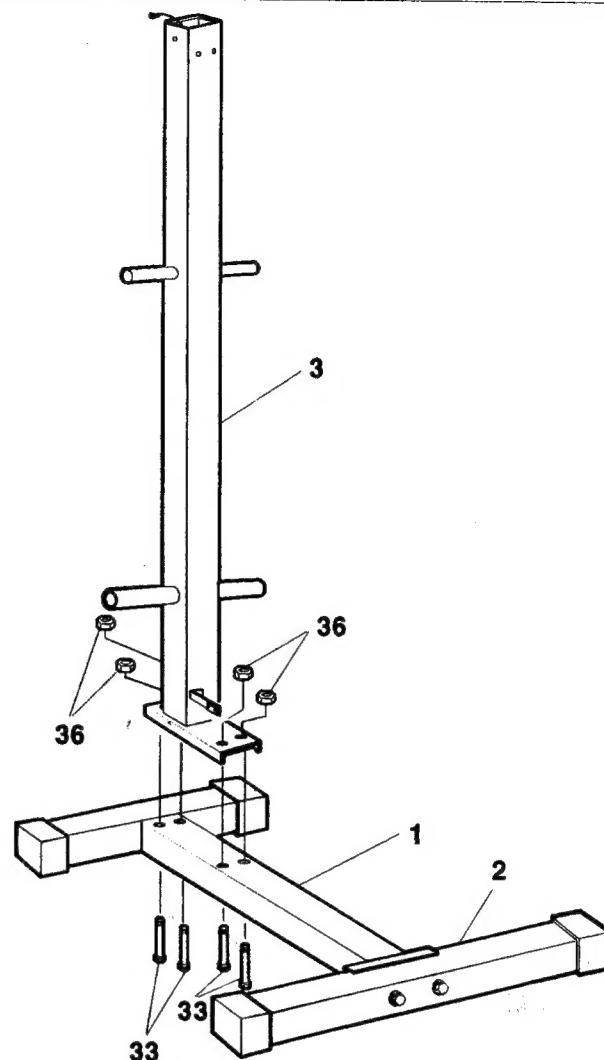
- Cap each end of the BASE "T" (1) and the FRONT BASE (2) with 3" SQUARE FEET (42).



STEP 3 UPPER FRAME ASSEMBLY

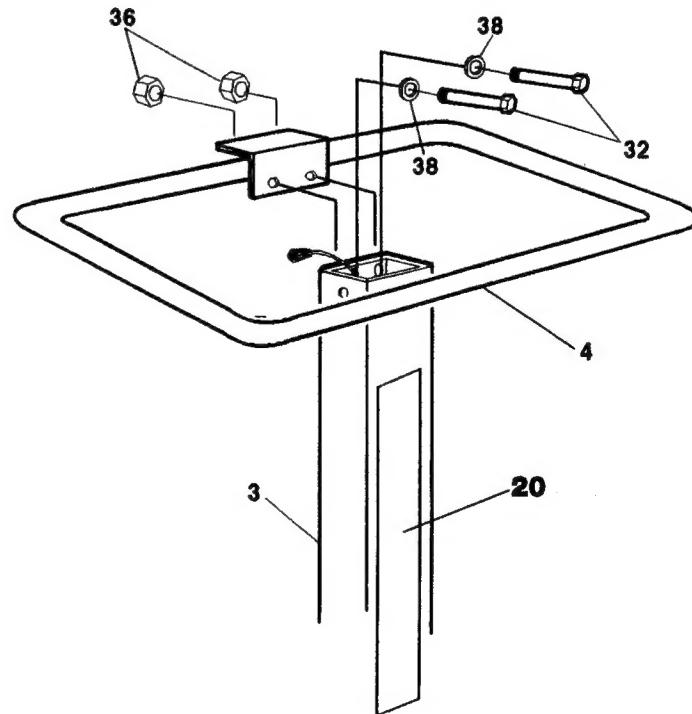
PART NAME	QTY
33 5/16" X 3 1/2" HEX HEAD BOLT	4
36 5/16" NYLON LOCK NUT	4
43 3" SQUARE PLASTIC INSERT CAP	1

- Lower the welded U-Bracket of the **MAIN FRAME** (3) over the **BASE "T"** (1) and align the bolt holes. Insert the four 5/16" X 3 1/2" HEX HEAD BOLTS (33) up through the bottom of the **BASE "T"** (1) and then through the welded U-Bracket on the **MAIN FRAME** (3). Secure with 5/16" NYLON LOCK NUTS (36). Tighten these bolts securely.
- Cap the top of the **UPRIGHT** (1) with a 3" SQUARE PLASTIC INSERT CAP (43).

**STEP 4 HANDLE BAR ASSEMBLY**

PART NAME	QTY
32 5/16" X 3/4" HEX HEAD BOLT	2
36 5/16" NYLON LOCK NUT	2
38 5/16" FLAT WASHER	2

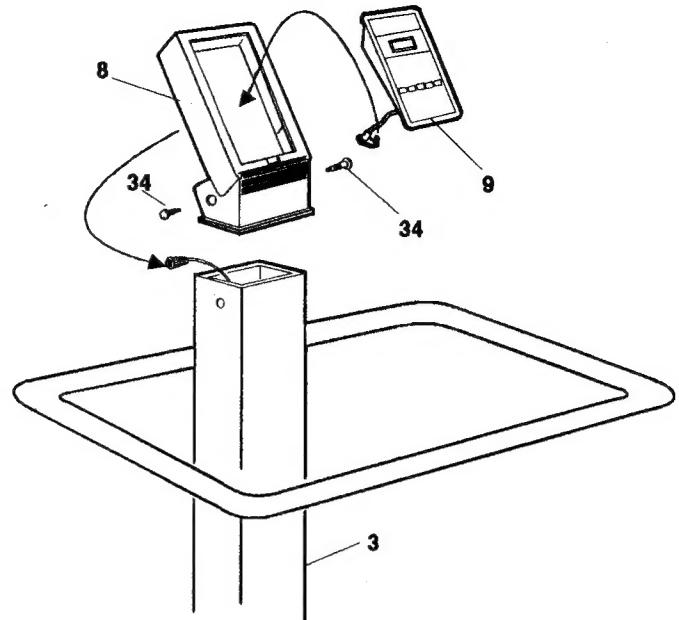
- Place 5/16" FLAT WASHERS (38) onto the two 5/16" X 3/4" HEX HEAD BOLTS (32).
- Align the holes on the welded bracket of the **HANDLE BAR** (4) with the two holes at the top and back of the **MAIN FRAME** (3).
- Insert the 5/16" X 3/4" HEX HEAD BOLTS (32) through the inside of the Main Frame tube and then out and into the welded bracket of the **HANDLE BAR** (4). Secure with 5/16" NYLON LOCK NUTS (36).
- Remove the **MAIN FRAME DECAL** (20) from the backing, and apply the Decal to the **MAIN FRAME** (3) starting directly under the Handle Bar bracket. The Decal will read from top to bottom on the Main Frame.



STEP 5 ELECTRONICS MONITOR

PART NAME	QTY
34 #8 SHEET METAL SCREW	2

- Attach the ELECTRONICS MONITOR BRACKET (8) to the top of the MAIN FRAME (3) using the #8 SHEET METAL SCREWS (34).
- Making sure to properly place the female plug to the inside of the MONITOR BRACKET (8), press the ELECTRONICS MONITOR (9) into the MONITOR BRACKET (8).

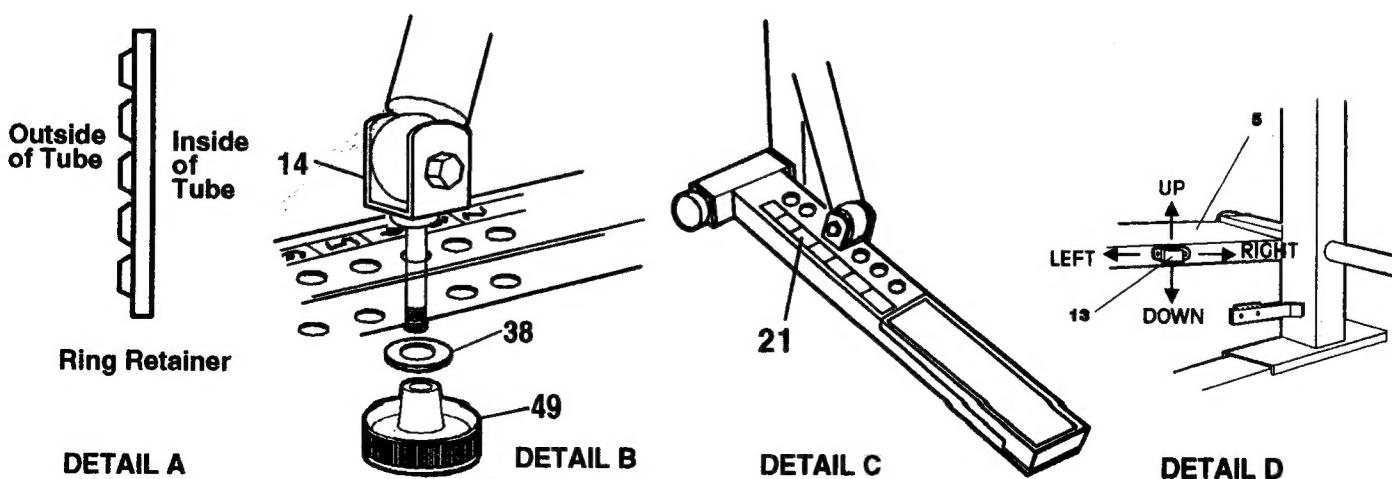
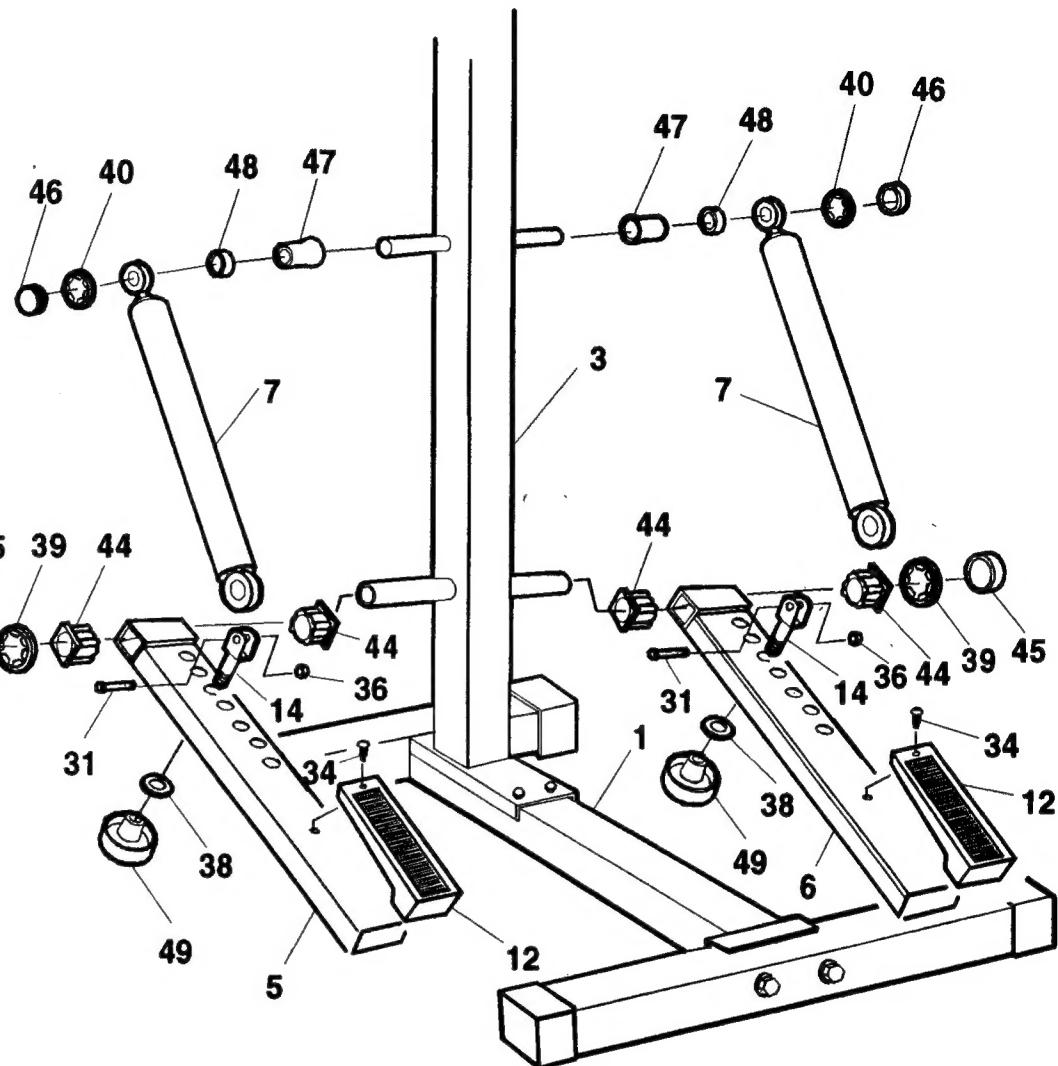
**STEP 6 STEPPER ASSEMBLY**

PART NAME	QTY
31 5/16" X 1 1/2" HEX HEAD BOLT	2
34 #8 SHEET METAL SCREW	2
36 5/16" NYLON LOCK NUT	2
38 5/16" FLAT WASHER	2
39 1" RING RETAINER	2
40 5/8" RING RETAINER	2
44 1 1/2" SQUARE END BUSHING	4
45 1" ROUND PLASTIC COVER CAP	2
46 5/8" ROUND PLASTIC COVER CAP	2
47 PLASTIC SPACER - FLANGED	2
48 5/8" I.D. X 5/16" LONG PLASTIC SPACER	2
49 FEMALE KNOB	2

- Press 1 1/2" SQUARE END BUSHINGS (44) into each STEPPER PEDAL (5) and (6).
- Double check to be certain the correct Pedals are on the proper sides of the Frame (resistance holes should be to the inside) and press the Pedals onto the Pivot Tube.
- Press on 1" RING RETAINERS (39) onto the Pivot Tube. The teeth must be placed so that they face the outside of the tube. Push the Ring Retainer all the way to the Pedal forcing it snugly against the SQUARE END BUSHING (44). (SEE DETAIL A)
- Cap the ends of the Pivot Tube with 1" ROUND PLASTIC COVER CAPS (45).
- Slide a PLASTIC SPACER - FLANGED (47) all the way onto the support Tube and follow up with a 5/8" I.D. X 5/16" LONG PLASTIC SPACER (48). Next, assemble the RESISTANCE CYLINDER (7) onto the Support Tube.
- Press on 5/8" RING RETAINERS (40) making sure the teeth face the outside of the Support Tube and the Ring is seated firmly against the Resistance Cylinder.
- Cap the ends of the Support Tube with 5/8" ROUND PLASTIC COVER CAPS (46).
- Place the CYLINDER MOUNTING BRACKETS (14) into one of the resistance setting holes and secure with a 5/16" FLAT WASHER (38) and a FEMALE KNOB (49). (SEE DETAIL B)
- Attach a RESISTANCE CYLINDER (7) to the CYLINDER MOUNTING BRACKET (14) with a 5/16" X 1 1/2" HEX HEAD BOLT (31) and a 5/16" NYLON LOCK NUT (36).
- Remove the STEPPER RESISTANCE SCALE DECALS (21) from the backing and attach the Decals to the Pedals so they align with the hole settings on the Pedals. Setting "1" should be to the front of the Pedal. (SEE DETAIL C)
- Attach the FOOT PADS (12) to the rear of the Pedals. Secure each with #8 SHEET METAL SCREWS (34).

Remove the backing from the adhesive on the underside of the **MAGNET** (13) and locate on the inside of the **LEFT PEDAL** (5) in line with the sensor on the L-Bracket that is attached to the Main Frame. Pivot the Pedal past the sensor to insure the pickup is counting. If the counter is not registering (an audible beep), re-position the Magnet until it does. This movement may be up or down the side of the Pedal or to the right or left down the side of the Pedal. (SEE DETAIL D)

SETTING RESISTANCE: After Pedals are attached to Resistance Cylinders, the resistance can be changed by unscrewing the **FEMALE KNOB** (49) from the Pedals and moving the **RESISTANCE CYLINDER MOUNTING BRACKETS** (14) to another hole and re-assembling the Knob.



CONDITIONING GUIDELINES

The following guidelines will help you to plan and regulate your personal fitness program. Remember that adequate rest and good nutrition are also essential to the success of any fitness program. **BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN!**

EXERCISE INTENSITY

To maximize the benefits from exercising, your level of exertion must exceed mild demands while falling short of causing breathlessness and fatigue. The proper level of exertion can be determined using the heart rate as a guide. For effective aerobic exercise, the heart rate must be maintained at a level between 70% and 85% of your maximum heart rate. This is your "Training Zone". You can determine your Training Zone by consulting the table below. Training Zones are listed for both conditioned and unconditioned persons according to age. Use the column that is appropriate for you.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
20	138-167	133-162
25	136-166	132-160
30	135-164	130-158
35	134-162	129-156
40	132-161	127-155
45	131-159	125-153
50	129-156	124-150

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
55	127-155	122-149
60	126-153	121-147
65	125-151	119-145
70	123-150	118-144
75	122-147	117-142
80	120-146	115-140
85	118-144	114-139

During the first few weeks of your exercise program, you should keep your heart rate near the low end of your Training Zone. Over the course of a few months, gradually increase your heart rate until it reaches the high end of your Training Zone. As your condition improves, a greater workload will be required in order to raise your heart rate to your Training Zone.

The easiest way to measure your heart rate is to stop exercising and place two fingers on your wrist where you feel a pulse. Carefully take a six-second heart beat count. (A six-second count is used because your heart rate will drop rapidly after you stop exercising.) Add a 0 to the result to find your heart rate. Compare your heart rate to your Training Zone. If your heart rate is too low, increase your level of exertion. If your heart rate is too high, decrease your level of exertion.

WORKOUT PATTERN

Each workout should consist of 5 basic parts: 1. AT REST, 2. WARMING-UP, 3. TRAINING ZONE EXERCISE, 4. COOLING-DOWN, 5. AT REST.



Warming up is an important part of every workout. Warming up prepares the body for more strenuous exercise by increasing circulation, delivering more oxygen to the muscles, and raising the body temperature. This can be done by stretching for 5-10 minutes prior to exercising.

After warming up, begin exercising at a low intensity level for a few minutes. Then increase the intensity to raise your heart rate to your Training Zone for a period of 20-30 minutes.

Cooling down after vigorous exercise is important in aiding circulation and preventing soreness. 5-10 minutes of stretching or light exercise will allow the body to cool down.

EXERCISE FREQUENCY

To maintain or improve your condition, you must work out 2-3 times per week following the pattern described above. A day of rest between workouts is recommended. After several months of exercise, the number of workouts can be increased to 4-5 times per week. The key to a successful program is **REGULAR** exercise.

SUGGESTED STRETCHES

The following stretches provide a good warm-up, or cool-down. Move slowly as you stretch - never bounce.

HAM STRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you, resting it against the extended leg's inner thigh. Stretch toward you toe as far as possible, hold for 15 counts, then relax. Repeat three times for both legs.

Stretches: Hamstrings, lower back and groin



INNER THIGH STRETCH

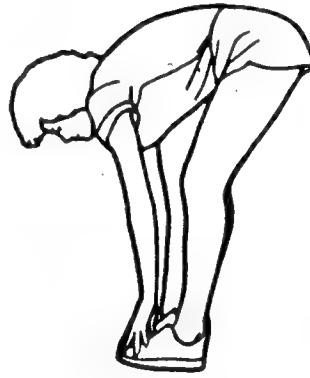
Sit with the soles of your feet together and knees pointing outward. Pull your feet as close into the groin area as possible. Hold for 15 counts, then relax. Repeat three times.

Stretches: Quadriceps, hip muscles

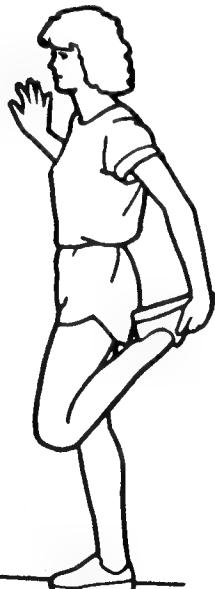


TOE TOUCHES

Standing with your knees bent slightly, slowly bend forward from the hips. Allow your back and shoulders to relax as you stretch down toward your toes. Go as far as you can and hold for 15 counts, then relax. Repeat three times.



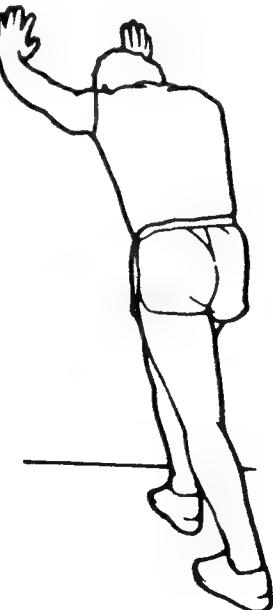
Stretches: Hamstrings, back of knees, back



QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull up your foot. Bring your heel as close to your buttocks as possible. Hold for 15 counts. Repeat.

Stretches: Quadriceps, Hip Muscles



CALF/ACHILLES STRETCH

With one leg in front of the other and arms out, lean against the wall. Keep your back leg straight and back foot flat on the ground; then bend the front leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side. To cause even further stretching of the Achilles tendons, slightly bend back leg as well.

Stretches: Calves, Achilles Tendons, and Ankles

ORDERING PARTS

Weider is dedicated to insure that each product is manufactured to the highest standards and that this product reaches the customer in the best possible condition. In the event that you find any problem in workmanship or missing parts please call our toll free product service number: 1-800-225-0653.

Weider provides replacement parts at no charge to the customer for one year if it is determined that the part was defective from the manufacturer or if any part is missing from the original, un-opened carton.

If it becomes necessary to order replacement parts the following action and information is required:

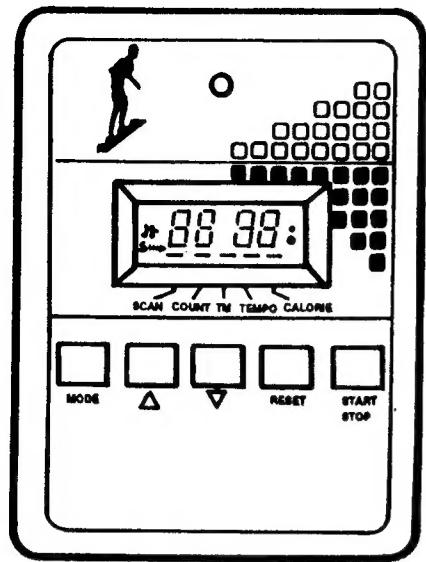
1. Your Owner's I.D. card must be returned to us to verify the product you have purchased, your name, address, and the date of your purchase. No charge replacement parts will not be sent without this information on file with our Parts Department.
2. Parts may be ordered using the parts order card which is included with this product or by calling our product service number: 1-800-225-0653.
3. Before ordering parts by phone have ready the following information to expedite your order:
 - a. Name of the product (STEPMASTER)
 - b. Model number of product (SM8)
 - c. Serial number of the product located on a decal on the frame
(See drawing on front cover for the location of this decal.)
 - d. Ordering number of part (See Parts List page.)
 - e. Description of the part from the Parts List page
 - f. Country of manufacturer (See cover.)

The same information is required when placing your order by mail.

If you need parts or assistance do not return this product to the store, simply contact Weider Customer Assistance at 1-800-225-0653 Monday - Friday 8 a.m. - 5 p.m. CST.

All parts and service inquiries should be directed to:

Weider Health & Fitness
Parts Service Department
900 West St. John Street
Olney, Illinois 62450



ELECTRONIC MONITOR OPERATING GUIDE

FUNCTIONAL BUTTONS

MODE - Functions selection key

▲ - To set up the values of COUNT, TIMER, or TEMPO
 ▽ - To set down the values of COUNT, TIMER, or TEMPO

START/STOP - To start or stop functions of TIMER and TEMPO

RESET - To reset the value of COUNT, TIMER, TEMPO or CALORIC to zero

AUTO POWER ON/OFF

1. Power source will automatically turn on by pressing any button or using your machine.
2. Power will automatically shut off when your machine stops or the TIMER function stops for over 256 seconds.

The Electric Monitor has five Function Modes to help you achieve the most from your workout. Please read the operating instructions thoroughly before using the monitor. Save this guide for future reference.

MONITOR FUNCTION MODES

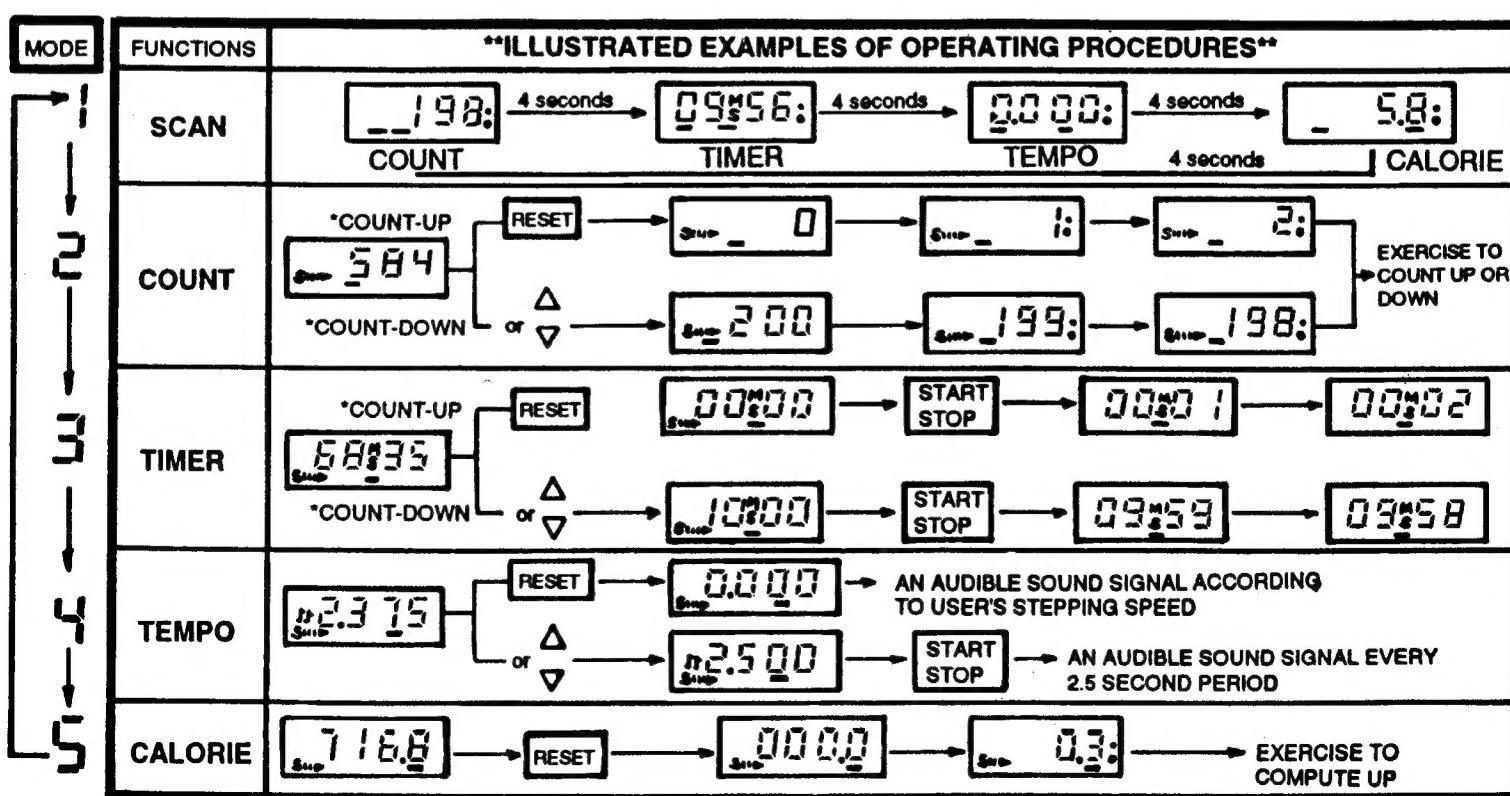
SCAN - Automatically scans functions of count, timer, tempo and calories in a repeating sequence

COUNT - "Count" accumulates the number of steps taken from 0 to 9999. "Count Down" counts backwards from pre-set number to 0

TIMER - "Count Up" Measures elapsed time from 00:00 to 99:59 (ninety nine minutes and fifty-nine seconds). "Count Down" measures time remaining from pre-set time.

TEMPO - When set on "0" a beep signal will sound each time you step. To use as a pacer for your workout, you can adjust the rate of beep from 0.125 (seconds) to 9.875 (seconds).

CALORIE - Gives an average calculation of calories consumed within the exercise period. Calculation is based on the speed of exercise and the total work time.

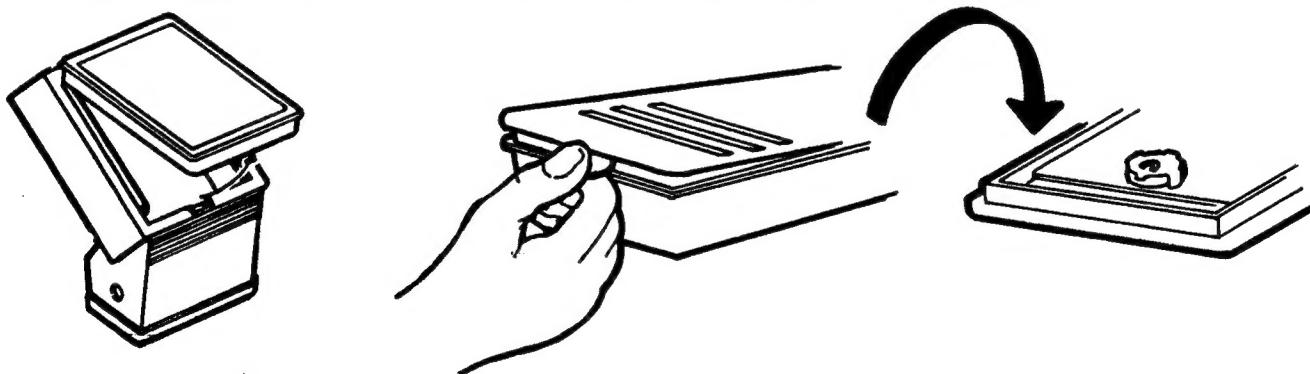


NOTES

1. Push ∇ or Δ button and the desired value will be changed at a faster speed.
2. One step will be accompanied by one sound signal, except when the TEMPO function is activated.
3. When the symbol STOP appears on the LCD it means that the TIMER and TEMPO functions are stopped and new values can be set up into the Electronic read-out. Starting or stopping the TIMER and TEMPO functions can be made even when other functions are running.
4. When the symbol READY appears on the LCD, it denotes that the TEMPO has been set up and ready to start work.

HOW TO REMOVE THE BATTERIES

1. The upper case of this computer easily separates from the bottom case. Simply pry it open using a coin. SEE ILLUSTRATION!
2. Replace the button battery (alkaline manganese battery A76, AG13, or LR44) with a new one.
3. Be sure the battery is inserted with the positive (+) side toward you.
4. Removing the battery will erase all functional data.
5. STORAGE PERIOD OF BATTERY: Approximately 1 year under normal conditions.



LIMITED WARRANTY

Weider Health and Fitness, a California corporation warrants this item of equipment to be free from defects in material and/or workmanship for a period of **ONE YEAR** from the date of the original purchase (retail, mail order or otherwise) for use. Weider also warrants the frame of this item of equipment to be free from defects in material or workmanship for a period of **FIVE YEARS** from the date of original purchase.

In the event of a defect in material or workmanship during the warranty period, Weider will repair or replace (at its option) the Equipment (or frame) under the conditions of this Warranty. Weider will do so at its expense for the cost of labor and materials but not for mailing except as noted.

LIMITATIONS, EXCLUSIONS AND OTHER RIGHTS:

Weider disclaims liability for any and all implied warranties except as set forth to the contrary herein. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

Weider disclaims liability for indirect, incidental or consequential damages. This disclaimer applies during and after the warranty period. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

Weider is not responsible for damage to the Equipment caused by accident, theft, misuse, abuse, abnormal use or conditions, neglect or modifications.

This Warranty gives you specific legal rights, and you may also have other rights which vary from state to

CLAIM PROCEDURE

If you discover a defect or malfunction during the period to which this Warranty applies, you must follow this procedure:

Write to: **Parts Service Weider Health & Fitness 900 West St. John Street Olney, Illinois 62450**

In your letter state your full name and address; the reason why you believe there is a defect or malfunction subject to this warranty; and the date and conditions under which the defect or malfunction occurred.

Include in your letter a copy of the sales receipt or other proof of date of purchase of the Equipment, if you have not sent in a warranty card. Upon receipt of your letter, Weider will make a preliminary determination of its responsibility to repair or replace under this Warranty.

PARTS SERVICE 1-800-225-0653

If Weider denies responsibility it will explain its decision in writing. If Weider accepts responsibility to repair or replace the item or part under the warranty it will notify you in writing to bring or ship the Equipment to a designated Weider facility or an authorized service station for repairs (returning or shipping will be at your expense).

If Warranty repair or replacement is made at a Weider facility, the Equipment will be returned to you at Weider's expense. If Warranty repair or replacement is made at a service station, arrangements for the return of the Equipment must be made directly with the service station and are made at your expense.